



**Thousand Waves**  
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## Self-Defense Books

**Bateman, Py. *Fear Into Anger: A Manual of Self-Defense for Women.*** Written by a female karate instructor in 1978, this book addresses our culture's violence towards women, and physical fighting techniques such as counterattacks, holds, takedowns, and the use of weapons.

**Butler, Pamela E. *Self-Assertion for Women.*** A practical and theoretical description of the challenges women face in being assertive, this step by step manual is peppered with real-life stories that bring the issue alive. *Also* contains activities for practicing assertiveness.

**Creighton, Allan with Paul Kivel. *Helping Teens Stop Violence: A Practical Guide for Counselors, Educators, and Parents.*** Though directed to adults who work with teens, it offers a theoretical framework for thinking about violence in people's lives and strategies for building non-violent relationships.

**De Becker, Gavin. *The Gift of Fear: Survival Signals That Protect Us from Violence.*** Convincing portrayal of the components, effectiveness, and necessity of listening to our intuition. The author's many strategies for coping with violence are strong and empowering.

**Langelan, Martha J. *Back Off! How to Confront and Stop Sexual Harassment and Harassers.*** Looks at the dynamics of harassment, and separates the myths from the facts of effective strategies. Contains success stories and describes a range of responses.

**Leung, Debbie. *Self Defense: The Womanly Art of Self-Care, Intuition, and Choice.*** A multi-layered view of self-defense, including tools for awareness, avoidance, de-escalation, confrontation, physical responses, and survival.

**Mattingly, Katy. *Self-Defense: Steps to Survival.*** Hone your senses, increase awareness, and learn the techniques that could save your life. *Self-Defense: Steps to Survival* will teach you to identify danger, avoid assault, and defend yourself and others against attackers in a variety of situations.

**Paulk, Daniel. *Alert and Alive: Defusing Anger and Violence in the Workplace.*** Guidance on recognizing the potential for workplace violence, and managing situations to prevent and respond to workplace violence.

**Schorn, Susan. *Smile at Strangers And Other Lessons in the Art of Living Fearlessly.*** With a sharp wit and self-deprecating humor, Schorn addresses many of the issues of violence that women face, and offers advice and anecdotes on how to deal with them.

**Snortland, Ellen. *Beauty Bites Beast: Awakening the Warrior Within Women and Girls.*** A snappy, irreverent book for anyone wondering why self-defense training is necessary and what difference it makes for women to take a self-defense course.

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